



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09163, Blueberries, dried, sweetened

Report Date: June 29, 2017 23:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	14.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Energy	kcal	317	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Energy	kJ	1328	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Protein	g	2.50	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2012
Total lipid (fat)	g	2.50	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2012
Ash	g	0.73	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Carbohydrate, by difference	g	80.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2012
Fiber, total dietary	g	7.5	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sugars, total	g	67.50	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2012
Minerals													
Calcium, Ca	mg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Iron, Fe	mg	0.90	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2012
Magnesium, Mg	mg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Phosphorus, P	mg	36	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Potassium, K	mg	214	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Sodium, Na	mg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Zinc, Zn	mg	0.49	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Copper, Cu	mg	0.160	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Selenium, Se	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Vitamins													
Vitamin C, total ascorbic acid	mg	23.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Thiamin	mg	0.092	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Riboflavin	mg	0.127	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Niacin	mg	1.154	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Vitamin B-6	mg	0.152	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Folate, total	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2013
Folate, food	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Folate, DFE	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Choline, total	mg	18.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2013
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2013
Vitamin A, RAE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2013
Carotene, beta	µg	84	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Vitamin A, IU	IU	141	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Lutein + zeaxanthin	µg	208	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Vitamin E (alpha-tocopherol)	mg	2.35	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2013
Vitamin K (phylloquinone)	µg	59.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013

Lipids

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.200	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
16:0	g	0.116	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:0	g	0.068	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fatty acids, total monounsaturated	g	0.405	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
16:1 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:1 undifferentiated	g	0.400	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fatty acids, total polyunsaturated	g	1.300	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:2 undifferentiated	g	1.137	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:3 undifferentiated	g	0.163	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2012
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2013
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2013
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2013
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2013